

Emergency Numbers 24 hours a day

Police / Medical /Fire Emergencies 911

Child Abuse or Neglect Hotline	1-800-842-2288
Domestic Violence Hotline	1-888-774-2900
Domestic Violence Local Team	645-4033
Infoline	211
Mental Health Crisis (<i>Genesis</i>)	1-877-884-3571
Poison Control	1-800-222-1222
Suicide Hotline	1-800-784-2433

◆ **Clothing**....See Page 7

◆ **Financial**...See Page 21

◆ **Food**....See Page 27

◆ **Shelters**....See Page 65

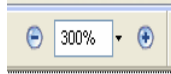
For Your Information:

This Directory was compiled and edited by the staff of Manchester Senior, Adult & Family Services as a resource for Manchester residents as well as their families, friends and the staff of agencies who serve them .If you would like an additional copy of this directory or have any comments and suggestions, please contact:

Manchester Senior, Adult & Family Services
Post Office Box 191, 479 Main Street
Manchester, CT 06045-0191
(860) 647-3096

This directory is also available to view online at <http://humanservices.townofmanchester.org/elderly>

You may also view it in an enlarged version by clicking on the plus or minus buttons on your toolbar.



Manchester Town Departments

Town Web Site <http://www.townofmanchester.org/>

Assessor's Office
647-3011

Board of Education
647-3442

Building
647-3052

Collector of Revenue
647-3018

Customer Service/
Information Center
647-5235

Engineering
647-3152

Fire Department
Routine Calls Only
647-3262 Headquarters
643-7373 8th Dist. HQ

Health
647-3173

Highway
647-3233

Human Resources
647-3126

Human Services
647-3092

Libraries
M. Cheney 643-2471
Whiton 643-6892

Planning
647-3044

Police Department
Routine Calls Only
645-5500

Probate Court
647-3227

Recreation
647-3084

Registrars' Office
647-3025

Sanitation
647-3248

Senior Adult & Family
647-3096

Senior Center
647-3211

Town Clerk
647-3037

Water & Sewer
647-3115

Youth Service
Bureau
647-5213

Categories

TO VIEW ON THE WEB: <http://humanservices.townofmanchester.org/elderly>

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Children’s Services

<p>The Bridge Family Center – Youth in Transition Program offers life skills training, housing, resources and referrals for self-sufficiency to homeless young people between the ages of 16 & 21. <i>There is a wait for housing.</i></p>	<p>521-8035 http://www.bridgefamilycenter.org/</p>
<p>Big Brothers/Big Sisters (<i>SEE - Page 72</i>)</p>	
<p>Care 4 Kids is State funded and provides child care financial assistance to Temporary Family Assistance recipients and eligible low-income working families.</p>	<p>1-888-214-5437 http://www.ctcare4kids.com/</p>
<p>Child Care Services Infoline provides information about State-licensed child care providers.</p>	<p>211 www.infoline.org</p>
<p>Community Child Guidance Clinic, Inc. is a private, non-profit mental health agency that provides diagnostic, treatment, consultation and intensive outpatient/partial hospitalization services for children up to 18 and their families.</p>	<p>643-2101 http://www.ccginc.org/</p>

Children’s Services

<p>Connecticut’s Child Development Infoline provides information on the Birth to Three Program for families with children from birth to 36 months who have delays in development or disabilities; Help Me Grow, for children birth through five who are at risk for developmental or behavioral concerns; and the Ages & Stages Monitoring Program that answers questions on how a child is learning, behaving or developing.</p>	<p>1-800-505-7000 www.Birth23.org http://www.infoline.org/programs/</p>
<p>The Cove Center for Grieving Children provides hope & healing, and bereavement support twice per month for children ages 4 to 18 and their families. The Manchester site is at Center Congregational Church. This is a free service.</p>	<p>1-800-750-COVE http://www.covect.org/</p>

Children's Services

<p>Covenant to Care for Children is a non-profit, non-denominational program that works with faith communities to meet the needs of abused, neglected and impoverished children and teens. In their <i>Youth Mentoring Program</i>, they train volunteer coordinators and mentors to assist teens in establishing plans for housing, health, education, employment and parenting. They offer a critical goods program and a special program that targets children whose mothers are incarcerated.</p>	<p>243-1806 http://www.covenanttocare.org/</p>
<p>Crossroads Prevention Program is a counseling/education center for early intervention of substance abuse among youth/young adults and is run as part of <i>New Hope Manor</i>, a residential treatment facility for adolescent girls.</p>	<p>643-2701 http://www.newhopemanor.net/</p>
<p>Department of Children & Families (DCF) is the state agency that provides services to protect children and youth from violence, abuse, neglect and exploitation.</p>	<p>533-3600 (Manchester) 1-800-842-2288 Hotline for abuse or neglect http://www.ct.gov/dcf/</p>

Children’s Services

ECHN Child & Adolescent Services provides psychiatric evaluations and occupational therapy for children age 3 to 18. Comprehensive mental health services are offered for adolescents age 12 to 18. Services include partial hospital and intensive outpatient programs, a clinical day school and individual, family & group therapy.	646-1222 ext. 3660
Family Child Care Providers’ Assoc., Manchester provides referrals for local, licensed home childcare providers.	647-9234
Family Development Center is administered through ECHN and provides a broad base of programs, parenting classes and support groups for parents, caregivers and children.	646-1222 ext. 2471
Grandparents as Parents Support (<i>SEE – Page 67</i>)	
Head Start is a child development program that provides education, family support services, and health and nutrition services for preschool children from low-income families.	647-3502

Children's Services

Hispanic Health Council (<i>SEE – Page 30</i>)	
HUSKY (<i>SEE – Page 33</i>)	
Kidsafe CT is a private, non-profit organization that serves children from birth to 17 and their families and is dedicated to the prevention and treatment of child abuse and neglect. Call to refer a family.	872-1918 http://www.kidsafect.org/
Lutz Children's Museum offers children a variety of educationally fun activities, exhibits, artifacts and programs, as well as a live animal collection.	643-0949 http://www.lutzmuseum.org/
Manchester Early Learning Center provides affordable, full-day, full-year childcare for preschool (3 to 5) and school age (5 to 12) children.	647-9659
Office of the Child Advocate is a State agency that protects the civil, legal and special rights of children as well as promotes policies that advance their well-being and best interests.	566-2106 http://www.ct.gov/oca/

Children's Services

Police Activities League (P.A.L.) provides after school activities for youth as well as opportunities for them to interact positively with Manchester police officers and volunteers.	645-5525 http://www.manchesterpolice.org/pal/index.html
State Education Resource Center (<i>SEE – Page 18</i>)	
Time Out for Parents (TOPS; <i>SEE – Page 57</i>)	
True Colors, Inc. Sexual, Minority Youth & Family Services (<i>SEE – Page 54</i>)	
WIC (<i>SEE – Page 29</i>)	
Youth Service Bureau provides a variety of programs, services and opportunities for personal growth for Manchester youth. They also offer an after-school drop-in center, for more information and details (<i>SEE – Page 47</i>)	647-5213 http://www.townofmanchester.org/YSB/

Clothing

Church Mouse Thrift Store located at Purnell Place, Manchester. Hours of operation are Tue – Fri 10:00am to 4:00pm and Saturdays from 8:00am to 2:00pm	647-0800 http://www.macc-ct.org/ <i>(Choose clothing)</i>
Goodwill Thrift Store located at 232A Tolland Tpke, Manchester. Hours of operation are Mon – Sat 9:00am to 9:00pm and Sundays 10:00am to 6:00pm	643-2709 http://www.goodwillct.org/
Penny Saver Thrift Shop located at 319 Broad St., Manchester. Hours of operation are Tue – Sat 9:00am to 4:00pm	649-3297
Salvation Army Thrift Store located at 263 Broad Street, Manchester. Hours of operation Mon – Sat 9:00am to 8:00pm	646-6216 http://www.satruck.com/
Second Hand Rose located at 376R West Middle Turnpike, Manchester. Hours of operation Mon – Fri 8:00am to 2:00pm	649-4066

Counseling/Mental Health Services

Community Child Guidance (<i>SEE – Page 1</i>)	
Community Health Resource (CHR) To report a mental health crisis or to access services at the Genesis Center 24 hours a day.	1-877-884-3571 http://www.chrhealth.org/
Community Prevention and Addiction Services (CPAS) operates a Transitions Outpatient Clinic that provides ambulatory substance abuse outpatient counseling services including intake and assessment, individualized treatment plans, individual and group counseling, anger management and relapse prevention.	645-0487 http://www.cpas-inc.org/
Connecticut Clearinghouse is a resource center for information about alcohol, tobacco, drugs and related issues.	1-800-232-4424 http://www.ctclearinghouse.org/
Connecticut Consumer Credit Counseling (<i>SEE – Page 21</i>)	
The Cove (<i>SEE – Page 2</i>)	
Department of Developmental Services (formerly DMR) (<i>SEE – Page 14</i>)	

Counseling/Mental Health Services

<p>ECHN Adult Behavioral Health Outpatient Services provides individual, group, couples and family counseling and psychopharmacology services. Accepts most insurance programs. Patient services can also assist with financial arrangements.</p>	<p>533-3434 www.echn.org/health/special/behavioral.aspx</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>1-877-884-3571 <i>(for crisis intervention)</i></p> </div>
<p>ECHN Child and Adolescent Services (<i>SEE – Page 4</i>)</p>	
<p>ECHN Emergency Department has 24 hour crisis services.</p>	<p>646-1222</p>
<p>Genesis Center (a division of Community Health Resources) provides comprehensive mental health and addiction treatment and support services to residents of greater Manchester.</p> <p>REACH Warmline is a peer to peer support telephone line for people who are feeling lonely, depressed or in need of someone to talk to – available from 6:00pm – 10:00pm 7days</p>	<p>646-3888</p> <p>1-866-927-6225 http://www.chrhealth.org/</p>
<p>Gero-Psychiatric Partial Hospitalization Program is a day program at Manchester Memorial Hospital focusing on the physical and mental changes of aging. Issues addressed include lifestyle adjustments of the older adult, loss, depression, as well as mood disorders related to dementia.</p>	<p>647-6828</p>

Counseling/Mental Health Services

<p>Hockanum Valley Community Council, Inc. (HVCC) is a mental health and substance abuse clinic that offers a wide range of counseling services in Vernon and the surrounding area. Located at 155 West Main St., Vernon.</p>	<p>872-9825 http://www.hvcchelps.org/</p>
<p>Mental Health Association provides advocacy, educational programs, support groups and direct services to promote mental health, prevent mental illness and improve care and treatment of persons with mental illness.</p>	<p>529-1970 ext 10 1-800-842-1501 http://www.mhact.org/</p>
<p>NAMI of Connecticut is a self-help organization that supports families and friends of individuals with severe and prolonged psychiatric disabilities. It offers education, advocacy, and information about available mental health services, resources & treatment.</p>	<p>1-800-215-3021 http://www.namict.org/ <i>Manchester Affiliate at bottom of web page</i></p>
<p>Older Adults Recovery Program provides services for seniors 60+ who may have substance abuse issues. Programs and services include initial outreach sessions and assessments, (up to three initial outreach sessions provided at no cost) development of treatment plans, in home counseling and weekly recovery support groups at MMH.</p>	<p>1-800-722-7302 ext 3771 http://www.wheelerclinic.org/</p>

Counseling/Mental Health Services

<p>Pastoral Counseling Center, Inc. offers confidential counseling on a sliding scale basis with a professional pastoral counselor who is trained and certified in individual, marriage, family and group psychotherapy.</p>	<p>659-0183 www.GlastonburyFirst.org/pccGlastonbury/Index.htm</p>
<p>Planned Parenthood of Connecticut offers affordable family planning and birth control counseling, medical services, educational programs and resource referrals.</p>	<p>643-1607 1-800-230-PLAN http://www.ppct.org/</p>
<p>Stepping Stones provides various free, non-denominational, facilitated support groups for the bereaved, their families and friends</p>	<p>646-1113</p>

Disabilities

ADA Transportation (<i>SEE – Page 70</i>)	
AT&T Free Directory Service (411) is available to persons with disabilities who are unable to use a regular telephone directory. One hundred free calls are allowed each month. Call for applications.	1-800-922-4605
American School for the Deaf (ASD) provides a full range of educational programs and support services for deaf and hard of hearing individuals from birth through adulthood. Located in West Hartford	570-2300 860-570-2222 TTY http://www.asd-1817.org/
Birth to Three Program (<i>SEE - Page 2</i>)	
Bookmobile is a monthly book delivery service offered by the Manchester Public Library – also offered to Day Care Providers.	643-2471
Board of Education and Services for the Blind (BESB) is a State agency serving adults who are legally blind and children who are blind or visually impaired by helping them to achieve and maintain independence. Services include counseling and referral, vocational rehabilitation, support groups, orientation and mobility instruction.	1-800-842-4510 http://www.ct.gov/besb
Brain Injury Association of Connecticut (BIAC) provides information, resources, and referrals for families affected by brain injury.	721-8111 http://www.biact.org/

Disabilities

Bureau of Rehabilitation Services (BRS) helps individuals with physical and/or mental disabilities prepare for, obtain, and maintain employment.	647-5960 http://www.brs.state.ct.us/
Choice Magazine Listening is a free service for persons unable to read standard print due to physical or visual impairment. Call for a free special cassette player to hear stories, articles, etc.	1-888-724-6423 www.ChoiceMagazineListening.org
Commission for Elderly Services & Persons with Disabilities is a Town commission, which meets six times per year at the Manchester Senior Center. Call for meeting information.	647-3096 http://www.townofmanchester.org/ <i>Town Clerk Boards & Comm.</i>
Commission on the Deaf and Hearing Impaired (CDHI) provides interpreting services, job counseling and placement, counseling, referrals and advocacy to people who are deaf and/or hearing impaired and their families.	1-800-708-6796 231-8756 TTY/Voice www.state.ct.us/cdhi/index.html
Connecticut Association of Learning Disabilities for Children & Adults offers referral and information services, in-house advocacy, consultations, workshops, conferences, newsletters and a telephone help line.	203-838-5010

Disabilities

Connecticut Braille Assoc., Inc. provides textbooks and information for students	203-227-5243
Connecticut Technical Act Project offers technical ideas for people with special needs. Low interest funding is available for purchasing technology equipment.	1-800-537-2549 http://www.cttechact.com/
Corporation for Independent Living is a non-profit agency that helps persons with disabilities secure loans and grants for modifications required in existing homes to make them accessible and barrier free.	563-6011 http://www.cilhomes.com/
Department of Developmental Services, State of CT (<i>formerly DMR</i>) is a State agency that provides comprehensive services for persons with developmental disabilities. Services include case management, respite, supported living, residential programs, job training, self-advocacy and supported employment.	263-2500 1-866-433-8192 (<i>for eligibility</i>) http://www.ct.gov/dds
Department of Motor Vehicles, State of CT provides training for drivers with physical disabilities.	263-5097 www.CT.gov/dmv <i>Under Programs & Services</i>

Disabilities

Dial-A-Ride (<i>SEE - Page 70</i>)	
Disabilities Resource Guide through State of CT Office Of Protection & Advocacy for persons with disabilities.	http://www.ct.gov/OPAPD <i>look to the left of website</i>
Easter Seals Greater Hartford outpatient rehabilitation facility offers a full range of medical and vocational rehabilitation services for children & adults with physical, mental or learning disabilities.	714-9500 http://www.ct.easter-seals.org/
Friendly Shopper Program through Senior, Adult & Family Services (SAFS), offers weekly or bi-weekly grocery shopping assistance to seniors or people with disabilities who are home-bound. Trained volunteers provide service. Call for availability.	647-3096
Independence Unlimited assists persons with disabilities achieve their maximum independence through advocacy, information and referral; peer counseling and skills training. They provide transitional services for persons in a nursing facility wishing to move into the community. They also act as a Peer Technology Counselor for the <i>Connecticut Tech Act Project</i> that provides information and advocacy services related to assistive technology.	523-5021

Disabilities

Instructors of the Handicapped (IOH) is a swimming instruction and recreation program that is held at Manchester High School for people with physical and mental disabilities of all ages. Program is held on Sunday afternoons during the school season. Call the Town Recreation Department for IOH pool hours.	647-3084
Library for the Blind and Physically Handicapped lends books and magazines on diskette, cassette or in Braille by postage-free mail.	721-2020 1-800-842-4516 http://www.cslib.org/lbph.htm
MARC, Inc. , provides supportive employment, respite and retirement services, residential, recreational and self-advocacy services for people with cognitive, intellectual and developmental disabilities to ensure they have the skills and opportunities to live in and be part of their communities.	646-5718 http://www.marcct.org/
Medicaid for the Employed Disabled is a program administered through the State Department of Social Services that allows persons with a disability to engage in employment without jeopardizing their State health benefits.	647-1441 http://www.ct.gov/dss/ <i>Under "People with Disabilities"</i>

Disabilities

<p>National Federation of the Blind is a membership organization that provides information & education to improve the lives of blind people in CT.</p>	<p>289-1971 http://www.nfbct.org/</p>
<p>NEAT (The New England Assistive Technology Marketplace) receives gently used, durable medical equipment through donations. Once it is reconditioned, the equipment can be provided to consumers at substantial savings.</p>	<p>243-2869 http://www.neatmarketplace.org/</p>
<p>Office of Emergency Management strives to compile names, addresses and phone numbers of residents who have mobility issues, blindness, life support systems, etc. that may impact their ability to safely evacuate their homes during an emergency. Call or e-mail Emergency Management to register.</p>	<p>647-5259 mailto:djanelle@ci.manchester.ct.us <i>(To email the info)</i></p>
<p>Protection & Advocacy for Persons with Disabilities, CT Office of, provides information and advocacy for children and adults with disabilities. Selectively investigates allegations of abuse and neglect with respect to adults who have mental retardation (ages 18-59) and for people in psychiatric facilities.</p>	<p>297-4300 1-800-842-7303 (V/TTY) http://www.ct.gov/opapd/site</p>

Disabilities

Social Security Disability Benefits (<i>SEE – Page 25</i>)	
State Education Resource Center (SERC) helps parents who have children with special needs. Offers workshops, provides a library on special needs education and can help direct parents to resources available to them regarding education.	860-632-1485 1-800-842-8678 http://www.ctserc.org/
Vial of Life (<i>SEE – Page 64</i>)	
Yellow Dot Program (<i>SEE – Page 64</i>)	

Employment & Education

Bureau of Rehabilitation Services (BRS) (<i>SEE - Page 13</i>)	
Connecticut Supportive Housing Employment & Training Services Directory is a central information repository that will link supportive housing residents and individuals who are exiting homelessness to employment and training services. You can access the directory free of charge on the web.	860-789-0826 http://www.ctreachinghome.org/
CT Works 893 Main St. Manchester, offers job seekers a place to write resumes and send faxes, a Research Library free of charge and Trade Training.	643-2222 http://www.capitalworkforce.org/
Department of Social Services, Aging Services Division offers help with training and referrals for job placement for seniors.	424-5643 1-800-443-9946 http://www.ct.gov/agingservices
Easter Seals (<i>SEE – Page 15</i>)	

Employment & Education

<p>Job Readiness Program is offered by the Manchester Area Conference of Churches and motivates Manchester residents in overcoming barriers to employment. The program meets once a month and assists with resumes, interviewing skills and other supports to help people prepare for employment. For further information, contact Alysia Walker.</p>	<p>647-8003 http://www.macc-ct.org/</p>
<p>Manchester LIFE Program is a comprehensive career program available to income eligible employed Manchester residents who are interested in enhancing their job skills and credentials in order to move toward upgraded positions, new career opportunities or increased wages.</p>	<p>643-2222 ext 17</p>
<p>Senior Job Bank assists people 50+ to find paid employment. They also offer computer training.</p>	<p>521-3210 http://www.seniorjobbank.org/</p>
<p>Vernon Regional Adult Basic Education offers several free course opportunities: GED, English as a Second Language, Citizenship, Technology Training, Adult Basic Education and more. Call or visit the website for more info.</p>	<p>870-6000 ext 139 1-866-564-2368 http://www.vrabe.org/</p>

Financial Information

<p>AT&T Telephone, Lifeline Discount allows a \$7-\$9 discount on monthly phone service and ½ price relocations for people with limited incomes who are on state or federal assistance.</p>	<p>1-800-288-2020 http://www04.sbc.com/common/files/pdf/LifelineCT.pdf</p>
<p>Benefits Check Up is an online program that helps seniors determine whether they qualify for financial benefits and prescription programs. Provided by the National Council on the Aging.</p>	<p>1-800-994-9422 Press 1 http://www.geocities.com/ncaaus <i>then link to: or</i> http://www.benefitscheckup.org/</p>
<p>Benefits QuickLINK on-line resource tool provided by AARP. Families and older Adults with limited incomes or serious health issues can find information and resources on eligibility.</p>	<p>http://www.aarp.org/ <i>Under Money & Work tab</i> Benefits Quick LINK</p>
<p>Consumer Credit Counseling helps consumers learn to reduce debt; offers free telephone counseling.</p>	<p>1-800-208-2227 http://www.creditcounseling.org/</p>
<p>Cox Cable offers a discount to eligible seniors over 65 on cable TV service. To be eligible, you must have at least the basic expanded service and be low income and participating in one of the following programs: Medicaid or ConnPACE.</p>	<p>436-4269 <i>then press 1</i> http://www.cox.com/NewEngland</p>

Financial Information

<p>Energy Assistance provides help paying fuel bills for eligible persons, Nov 1 - Mar 15 of each year. Please call Community Renewal Team to schedule a Manchester appointment.</p>	<p>560-5800 www.CrtCt.org/programs/energyCEAP.htm</p>
<p>Eviction Prevention Program (<i>SEE – Page 40</i>)</p>	
<p>Free Directory Assistance (<i>SEE – [AT&T] Page 12</i>)</p>	
<p>Good News Garage is a program that repairs donated vehicles in order to make them available to low-income families and individuals who require access to jobs and other economic opportunities.</p> <p style="text-align: right;">To Donate Call</p>	<p>218-2970 www.GoodNewsGarage.org</p> <p>1-877-Give-Auto</p>
<p>Homeowner’s Tax Relief provides a reduction in property taxes for seniors 65+ and disabled homeowners. Apply February 1 to May 15 at the Manchester Assessor’s Office. Applications filed in current year consider previous year’s income. Call for income limits.</p>	<p>647-3016 http://www.townofmanchester.org/assessor/</p>

Financial Information

<p>Income Tax Services – FREE Tax Preparation (Low to Moderate Income) From Beginning of February through Mid April</p>	<p>Call for Appointments</p>
<p>The <i>Community Renewal Team</i> provides tax preparation and filing for families and individuals at the Weiss Center, 479 Main Street, Manchester.</p>	<p>647-3095</p>
<p><i>Manchester Senior Center</i> AARP Site offers residents age 60 and over income tax assistance, daytime hours at 549 East Middle Turnpike, Manchester.</p>	<p>647-3211 Walk-ins</p>
<p><i>Manchester Senior Center</i> VITA Site low to moderate income on Tuesday & Wednesday evenings and Saturdays at 549 East Middle Turnpike, Manchester.</p>	<p>647-3092</p>
<p><i>Manchester Community College</i> VITA Site provides assistance with SIMPLE tax returns. This service is held on Fridays from 9:00am – 1:30pm in the Lowe Building room L233. No appointments, walk-ins only.</p>	<p>Walk-ins Only</p>
<p>Income Tax Services – Tax Credits Low income working families may be able to take advantage of the <i>Child Care</i> and <i>Child Tax Credits</i>, Federal refundable tax credits for working families with at least one dependent child under 17; and the <i>Earned Income Credit (EITC)</i> for working people who meet certain income criteria. Inquire with any of the tax preparation programs for further info.</p>	

Financial Information

<p>Manchester Area Conference of Churches (MACC) offers a fuel bank, soup kitchen, shelter, clothing bank, human needs fund and general financial assistance.</p>	<p>647-8003 http://www.macc-ct.org/</p>
<p>Renters' Rebate Program provides a yearly rebate for seniors 65+ and/or disabled renters. Apply May 15 to September 15 of each year. Applications filed in current year consider previous year's income. Call Senior, Adult & Family Services for income limits.</p>	<p>647-3096 http://humanservices.townofmanchester.org/elderly/</p>
<p>Reverse Annuity Mortgages are loans that allow homeowners 62 or older to access the equity in their homes. A reverse mortgage loan pays the homeowner in pre-determined installments and requires no repayment of monies as long as the homeowner occupies the home as a primary residence. The loan is not due until the last borrower leaves the property, and the amount owed is never more than the full value of the property. Also, DSS & CHFA (together) have made funds available to homeowners 70+ for long-term care needs. The loan allows seniors to use the equity in their homes to collect a monthly tax free cash payment for five or ten years, and the loan is repaid in one payment after death of the borrower or when permanent occupancy ceases. Call CHFA.</p>	<p>571-3502 www.CHFA.org/elderly/RAM.asp</p>

Financial Information

Social Security Administration answers questions on Social Security, Supplemental Security Income, Medicare, retirement, and disability benefits.	290-5420 1-800-772-1213 http://www.ssa.gov/
State of Connecticut Department of Social Services (DSS) <i>Special programs below:</i>	647-1441 www.ct.gov/dss
<ul style="list-style-type: none">◆ Food Stamps are available to people meeting specific income and asset guidelines (see pg 28)◆ Medicaid (Title 19) pays medical costs for those with very low income and assets.◆ Medicare Savings Programs (QMB, SLMB & ALMB) for an explanation of benefits and eligibility requirements (see pg 35)◆ State Administered General Assistance (SAGA) provides cash and medical benefits to adults who cannot work and meet income guidelines.◆ Temporary Family Assistance (TFA) provides financial/medical assistance to eligible families.◆ Medicare Waiver Programs pay for personal care needs for elderly and physically disabled individuals.◆ Various Medical Programs are available based on financial and health guidelines.	

Financial Information

Soldiers', Sailors' and Marines' Fund assists veterans and/or dependents with emergency financial needs including food, clothing, medical, shelter, utility bills, dental, eye and hearing. (<i>Must have completed 90 days of active service.</i>)	566-2677 http://www.ct.gov/ssmf
Veterans' Affairs (CT & U.S.) provides benefits to veterans and their families for education, health, home loans, insurance, medical, pension, rehab and housing facilities.	1-800-827-1000 http://www.va.gov/
Winter Protection Plan protects qualified utility customers from service shutoffs between November 1st and May 1st. Customers must apply for hardship status through the individual utility companies or at time of application for public energy assistance through the Community Action Agencies; it is necessary to re-apply each year.	524-8361 (CNG) www.CNGcorp.com 947-2828 or 1-800-286-2828 http://www.cl-p.com/

Food & Nutrition Programs

Food Pantries/Programs in Manchester – FREE of Charge	
Loaves & Fishes <i>Church of the Nazarene (Rear Lot)</i> 218 Main Street Open: Mon & Thurs from 4:00pm to 6:00pm	646-8535
MACC Food Pantry 466 Main Street Open: Mon, Wed & Fri 9:00am to 11:00am Tues; Thurs 1:30pm to 3:30pm * <i>Please bring your own bags/box</i>	646-8003 http://www.macc-ct.org/
MACC Satellite Food Pantry <i>In Police Substation</i> 52 Ruby Drive Open: Wednesdays 9:30am to 11:30am	647-8003 http://www.macc-ct.org/
Mobile Food Share is a food distribution program for low-income households held at various Manchester locations on specified Tuesday mornings from 9:30am to 10:30am. For dates, locations and questions call MACC.	647-8003 http://www.macc-ct.org/
New Horizons Baptist Church Food Pantry 40 Pitkin Street Open: Sundays 2:30pm to 3:30pm	726-9282
Salvation Army 661 Main Street offers FREE hot meals Sundays at noon.	649-7787
Shepherd's Place Soup Kitchen 466 Main Street, offers FREE hot meal and sack lunch Mon – Sat 11:00am to 12:15pm	647-8003 http://www.macc-ct.org/

Food & Nutrition Programs

<p>Food Stamps help people to afford more food for themselves and their families. The program is administered by the State Department of Social Services and is available to people who are income and asset eligible. This monthly food benefit is accessed by Electronic Benefit Transfer cards that look like a credit or debit card. To apply for this benefit, contact the State Department of Social Services, 699 Middle Turnpike East.</p>	<p>647-1441 http://www.ct.gov/dss</p>
<p>Grocery Shopping – call Senior, Adult & Family Services for list of stores, which deliver for a fee.</p>	<p>347-3096</p>
<p>Group grocery shopping trips are available weekly for seniors 60+ and disabled persons through Dial-A-Ride and the Senior Center.</p>	<p>870-7940 DAR 647-3211 S.Center</p>
<p>Meals on Wheels (Community Renewal Team) delivers two meals per day to homebound people aged 60+ for a donation.</p>	<p>560-5828 http://www.crtct.org/</p>
<p>Meals on Wheels (Visiting Nurse and Health Services of CT) delivers two meals per day for a fee with sliding scale available.</p>	<p>872-9163 ext 2367 http://www.vnhsc.org/</p>
<p>Senior Center Lunch Program for Senior Center members 549 East Middle Tpke., Offers lunch Mon – Fri from 11:45am to 12:30pm, call for monthly menu and cost information.</p>	<p>647-3211</p>

Food & Nutrition Programs

<p>Senior Community Lunch Café - Community Renewal Team provides a noon meal weekdays for people 60+ years of age for a donation. Meal site is located at the Manchester Housing Authority, 24 Bluefield Drive. Reservations required by 12:00pm the day before.</p>	<p>643-2163 <i>Press 2</i></p>
<p>Serve New England Program offers a package of food worth \$40 (frozen meats, fresh vegetables) once each month for \$20 when you complete two hours of community service.</p>	<p>643-7342 www.ServeNewEngland.org</p>
<p>WIC (Women, Infants & Children) is a Nutrition Program for babies up to 3 months (formula) and from 4 to 12 months (formula, infant cereal, juice); children from 1 to 5 years (milk, juice, cereal, eggs, peanut butter, cheese, and dried beans); and new mothers (milk, juice, cereal, eggs, cheese). Eligibility is based on family income. Call East Hartford Health Department for dates and times of Manchester Clinics. <i>(Fathers, Grandparents, Foster parents or other guardians may apply to WIC for their children)</i></p>	<p>291-7323 http://www.ct.gov/dph</p>

Health Care Services

American Cancer Society provides cancer information and resources. It is located at the John DeQuattro Center, Manchester Memorial Hospital.	643-2168 1-800-227-2345 http://www.cancer.org/
Asthma “ <i>The Easy Breathing Asthma Education Program</i> ” is run out of the Town’s Health Department. Call the asthma coordinator.	647-3179
Childhood Obesity Initiative is run by the Town Nurses’ Office.	647-3078
Flu Hotline provides information regarding locations for flu shots.	1-888-668-6358
Flu Shot Clinics available through Manchester Health Department	647-3173
Hispanic Health Council, Inc. provides free prenatal health services for eligible pregnant Hispanic and non-Hispanic women.	527-0856 http://www.hispanichealth.com/
Hospice (SEE – Page 37 & 73)	
Lifeline Emergency Response System (SEE – Page 37)	
Manchester Area Network on Aids (MANA) (SEE – Page 68)	
Manchester Community Dental Services , 150 N. Main St, provides dental care on a sliding fee scale. <i>Accepts most Health Insurances and Title 19.</i>	646-4678 http://www.ehchc.org/

Health Care Services

Manchester Community Health Clinic 150 North Main Street, Manchester, provides primary medical services for those meeting eligibility guidelines. Sliding scale fee available. <i>Accepts most Health Insurances and Title 19.</i>	646-8117 http://www.ehchc.org/
Manchester Memorial Hospital offers Lifeline <i>Emergency Response System</i> , Crisis Intervention, home blood draw, support groups and community education workshops.	646-1222 www.echn.org/hospitals/Manchester/

Health Insurance

<p>Center for Medicare Advocacy provides legal advice and representation to elderly and disabled Connecticut residents who believe they have been unfairly denied Medicare coverage.</p>	<p>1-800-262-4414 http://www.medicareadvocacy.org/</p>
<p>CHOICES is a program that provides counseling and information for seniors and persons with disabilities on Medicaid, Medicare, Medicare Part D Prescription Plans, Medicare Supplemental Insurance and Long-Term Care Insurance. Its goal is to provide sufficient information to enable people to make informed insurance decisions and to obtain the benefits they are entitled to. Call to make an appointment with a trained CHOICES counselor.</p>	<p>647-3096 or (860) 724-6449 ext 277 http://www.ct.gov/</p>
<p>ConnMAP (Connecticut Medicare Assignment Program) ensures that eligible Medicare enrollees are charged no more than the reasonable and necessary rate established by the federal government for Medicare covered services received from health care providers. ConnPACE program participants are automatically eligible for this program (<i>See next page for ConnPACE info</i>).</p>	<p>1-800-443-9946 http://www.ct.gov/dss/cwp/</p>

Health Insurance

<p>ConnPACE (Connecticut Pharmaceutical Assistance Contract to the Elderly and Disabled) is a State funded program that helps seniors and residents who are determined disabled (according to Social Security) pay for prescription drugs/insulin. The 2008 annual membership fee is \$30 with a per prescription cost of \$16.25. Income limits vary each year. Current limits for 2008 are: \$23,700 (single) and \$31,900 (married). For information or an application, please call.</p>	<p>1-800-423-5026 http://www.connpace.com/</p>
<p>Connecticut Partnership for Long Term Care a Connecticut program conducted in cooperation with private insurance providers. Long-term care insurance policies sold under the Partnership guidelines must meet additional insurance standards and provide Medicaid asset protection.</p>	<p>1-800-547-3443 http://www.ctpartnership.org/</p>
<p>HUSKY (Healthcare for Uninsured Kids and Youth) is a free or low cost comprehensive health care benefit for Connecticut children up to age 19 and some income eligible parents.</p>	<p>1-877-284-8759 1-800-656-6684 http://www.huskyhealth.com/</p>
<p>Medicaid (Title 19) is a Federal/State funded health insurance program administered by the State Department of Social Services. Applicants must meet financial and asset eligibility requirements.</p>	<p>647-1441 http://www.ct.gov/dss/</p>

Health Insurance

<p>Medicaid for Employed Disabled (<i>SEE – Page 16</i>)</p>	
<p>Medicare is a federal health insurance program available to all Social Security recipients who are either 65 years of age or older or who are determined permanently disabled by Social Security. Individuals suffering from end stage renal disease are also eligible to receive Medicare. To enroll in Medicare, contact the local Social Security Administration office.</p>	<p>290-5420 1-800-772-1213 http://www.medicare.gov/</p>
<p>Medicare Prescription Drug Coverage (Medicare Part D) is available to everyone with Medicare. Part D plans are stand alone insurance policies that are offered through private insurance companies; each plan may vary in premium costs and drugs covered. Beneficiaries who are income eligible may receive extra help to pay for Part D deductibles, premiums and co-payments. If a person has Supplemental Security Income (SSI), Medicaid, or ConnPACE, they must enroll in a Part D plan or they will automatically be assigned one. There is a Part D late enrollment penalty for not joining a Medicare drug plan when first eligible for Medicare Part A and/or B. Medicare beneficiaries who have creditable prescription coverage (drug coverage as good or better than Part D), however, do not have to enroll in a Part D program. Employers, Unions, or Veterans’ benefits may offer such creditable plans.</p>	<p>1-800-MEDICARE 1-800-633-4227 647-3096 to talk to a <i>CHOICES</i> counselor http://www.medicare.gov/</p>

Health Insurance

<p>Medicare Savings Programs: To qualify for one of these programs, an individual must be eligible for Medicare and meet certain annual income and asset guidelines.</p> <p>QMB (Qualified Medicare Beneficiary) pays for the Medicare Part B premium, all Medicare deductibles and Co-insurance.</p> <p>SLMB (Specified Low-Income Medicare Beneficiary) pays for the Medicare Part B monthly premium.</p> <p>ALMB (Additional Low-Income Medicare Beneficiary) covers Part B premiums if funding is available.</p> <p>For information on income and asset eligibility limits for these programs, contact the State Department of Social Services.</p>	<p>647-1441 http://www.ct.gov/dss</p>
<p>Veterans Health Benefits (<i>SEE – Page 26</i>)</p>	

Homecare

A few words about homecare...

Homecare services help people remain at home while retaining as much independence as possible. A *homecare nurse* assesses the patient's medical status and communicates with the physician. A *home health aide* performs "hands-on" care such as assisting with bathing, dressing and feeding. A *homemaker* performs housekeeping duties including cooking, cleaning, shopping, laundry. A *companion* provides social interaction, light housekeeping and meal preparation.

Alzheimer's Association provides information about Medic Alert and Safe Return I.D. Bracelet

860-828-2828

<http://www.alz.org/ct/>

Connecticut Home Care Program for Elders through the DSS Alternative Care Unit, helps older adults continue living at home by paying for homecare services for those meeting eligibility guidelines. They assess care needs and coordinate and monitor homecare services for the elderly 65 years of age and older.

1-800-445-5394

Then press 4

<http://www.ct.gov/dss/cwp>

Connecticut Partnership for Long Term Care (*SEE – Page 33*)

Homecare

Hospice – Visiting Nurse – Health Services of Connecticut provides comprehensive, interdisciplinary care to terminally ill individuals and their families with a focus on dignity, peace of mind and quality of life.	872-9163 http://www.vnhsc.org/
Licensed Home Care Agencies – Call Senior, Adult & Family Services for a list of those serving Manchester and a homecare informational brochure.	647-3096
Lifeline is a 24-hour emergency response system that gives access to emergency care. It is offered through Manchester Memorial Hospital.	647-6889
Visiting Nurse and Health Services of Connecticut, Inc. , a licensed home health agency, provides coordinated home care services including nursing visits, hospice services, physical, occupational and speech therapy, home health aides, homemakers and companions. Sliding fee scale available.	872-9163 http://www.vnhsc.org/

Home Maintenance

<p>Home Energy Solutions Program through CL&P offers free energy audits to homes that heat with gas or electric. Audits include inspection for wasteful leaks & drafts/sealing up, evaluation of insulation, installation of energy efficient light bulbs, showerheads and faucet aerators, water heater and pipe insulation. Applications/qualifications on line.</p>	<p>http://www.cl-p.com/ <i>Energy Efficiency at Home then Home Energy Solutions</i></p>
<p>Home Weatherization through Community Renewal Team (CRT). The program assists low-income renters and homeowners in making their homes energy efficient. Services include weather-stripping, caulking, flow showerheads, insulation, some window & door repairs, heating system cleaning & tuning, florescent lighting and carbon monoxide testers.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><i>Eligibility Requirements:</i> Must be enrolled in one of the following: CT Energy Assistance Program, Temporary Family Assistance or Utility Assistance Program. If renting, landlord’s permission is required.</p> </div>	<p>560-5749 www.CRTct.org <i>Under housing</i></p>

Home Maintenance

<p>Manchester Housing Rehabilitation Program administered by the Town Planning Department. It funds activities that control lead based paint hazards, property maintenance code violations and architectural barriers. Eligible properties are located in central Manchester neighborhoods. To participate in the program, households must meet the HUD low and moderate-income criteria based upon the number of persons in the household. While priority is given to first time applicants of owner occupied dwellings, investor-owned properties may qualify if they are rented to low and moderate-income persons at HUD established rent levels.</p>	<p>647-3106 http://www.townofmanchester.org/Planning</p>
<p>Rebuilding Together <i>formerly Christmas in April</i> provides home repairs free of charge for low income, owner occupied homeowners who are Manchester residents. This program targets Seniors and Handicapped Individuals. Please contact Scott Garman at the Recreation Department for more information.</p>	<p>647-3139 http://www.townofmanchester.org/rebuildingtogether</p>
<p>Rent-A-Teen offers students who are available to do housework, yard work, snow shoveling for a fee. Available through the Manchester Youth Service Bureau – <i>ask for Jennifer.</i></p>	<p>647-5213 http://www.townofmanchester.org/ysb</p>

Housing

<p>Bennet Apartments offers apartments for persons 55+ with heat and hot water included. <i>For info call Greater Hartford Suburban Realty.</i></p>	<p>528-6522</p>
<p>CT Families Program is a refinance mortgage assistance program offered through CHFA. It assists first-time homebuyers with adjustable rate mortgages in refinancing their loan in the event they are behind in mortgage payments because of interest rate and payment increases. For borrower eligibility requirements and income limits, contact CHFA or one of the three CHFA approved lenders.</p>	<p>CHFA 571-3500 http://www.chfa.org/firsthomes/ctfamilies.htm <i>McCue Mortg. 800-382-0017</i> <i>New Alliance 800-892-2096</i> <i>Webster Bank 888-681-7788</i></p>
<p>CTHousingSearch.org is a rental housing locator service that allows people to search for available, affordable, accessible market rate housing that meets their needs.</p>	<p>1-877-428-8844 www.CTHousingSearch.org</p>
<p>Emergency Housing (<i>SEE – Page 65</i>)</p>	
<p>Eviction Prevention Program, available through the <i>Community Renewal Team</i>, assists people who are in the process of being evicted. Also assists with defaults in mortgages.</p>	<p>560-5881 www.CRTct.org</p>

Housing

<p>Fair Rent Commission assesses the appropriateness of rent increases for individuals who are not participating in rental assistance programs. Contact the Town Attorney’s office for further info.</p>	<p>647-3132 http://www.townofmanchester.org/attorney</p>
<p>General Housing Information - Call <i>Senior, Adult & Family Services</i> for a list of local apartments and rooming houses. They also can provide phone numbers for surrounding towns’ housing authorities.</p>	<p>647-3096 http://humanservices.townofmanchester.org/elderly</p>
<p>Housing Education Resource Center assists tenants, landlords and others with answers to housing questions and help in resolving housing problems. Provides information on discrimination, eviction, leases, rent increases, mediation, home ownership.</p>	<p>296-4372 http://www.herc-inc.org/home.asp <i>Open Tue & Fri 9am – 5pm</i></p>
<p>Manchester Housing Authority oversees elderly/disabled housing and the Section 8 Housing Assistance Payment Program.</p>	<p>643-2163 http://www.manchesterha.org/</p>
<p>Subsidized elderly and disabled housing has income limits and age (62 and over) or disability requirements. Tenants pay about 30% of their income for rent. There are several elderly housing complexes in Manchester. Currently there is a waiting list, but those interested are encouraged to inquire at the Manchester Housing Authority.</p>	

Housing

<p>Manchester Pilot Homeownership & Downpayment Assistance Program offers first-time home buyers (or prior home-owners who have not owned a home in the past 3 years) a reduced mortgage interest rate that is ¼ percent below the CHFA’s regular Homebuyer Mortgage rate. Homes must be located in one of three designated areas in Manchester (Eastside and Westside neighborhoods or the Central Business District). This program offers 0% loans to assist with downpayment and closing costs. Call one of the indicated mortgage companies or CHFA for further information, income eligibility and home cost limits.</p>	<p>GMAC Mortgage <i>Brian Pelletier</i> 800-591-2840 ext 16</p> <hr/> <p>McCue Mortgage <i>Paul Terwilliger</i> 260-0741 <i>Karen Clark</i> 800-382-0017 ext 502</p> <hr/> <p>CHFA Single Family Underwriting 571-3502 http://www.chfa.org/</p>
<p>Mortgage Foreclosure Assistance Hotline is a free hotline open Monday – Friday 8:00am – 5:00pm, to Connecticut residents who are facing foreclosure on their homes. Advice and guidance regarding mortgage problems offered.</p>	<p>1-877-472-8313</p>
<p>Project Home Share will match an appropriate housemate with an elderly person over 60 to share a home at a negotiated rent.</p>	<p>665-8771 http://www.nationalsharedhousing.org/</p>

Housing

<p>Section 8 Housing Assistance Payment Program, applicants secure an apartment on their own and, with the Section 8 Certificate, pay about 30% of their income as rent. Currently there is a waiting list to apply.</p>	<p>643-4832 http://www.manchesterha.org/</p>
<p>Statewide Legal Services offers information and legal booklets on line for housing discrimination, eviction, home ownership, landlord/tenant issues, security deposits, federal programs, and other housing related issues.</p>	<p>1-800-453-3320 www.SLSct.org <i>Legal booklets/housing</i></p>
<p>Westhill Gardens Congregate Housing is administered by Manchester Housing Authority.</p> <div data-bbox="120 653 1146 842" style="border: 1px solid black; padding: 5px;"><p>Congregate Housing attempts to meet the needs of the frail elderly by providing one or more meals per day, housekeeping and activities. There is an on-site, non-medical staff person 24 hours per day for emergencies.</p></div>	<p>643-8881</p>

Human Services Department – Town of Manchester

The Human Services Department is comprised of four divisions: The Health Department, Senior, Adult & Family Services, the Senior Center and the Youth Services Bureau.

The **Health Department** addresses the health needs of Manchester residents and ensures that they have access to the services and protection required to remain healthy. It provides a wide range of information and services such as a **Dental Program**, which is a reduced-cost dental program for uninsured, low-income people and **Health Clinics** for seniors - includes blood pressure, flu shots, hearing screening, educational sessions, foot care. There are also health education programs, resource directories and environmental inspections. They provide information on Septic Systems & Wells and perform Food Service Inspections for Restaurants, Schools, Day Care Facilities and Institutional Kitchens Facilities. Located at 479 Main Street, office hours are Monday through Friday 8:00am to 4:30pm.

647-3173

<http://humanservices.townofmanchester.org/health>

Human Services Department – Town of Manchester

Senior, Adult & Family Services serves members of our community 60 years and older, people with disabilities, and other adults and families to ensure that basic financial, housing, health and daily living needs are being met. Primary activities include information and referral, assistance connecting with community services, outreach, advocacy, office and in-home assessment, benefits and CHOICES health insurance counseling and follow-up services provided by social work staff. A goal of the program is to assist older adults and people with disabilities who want to remain independent in the community. The program also administers the Renters' Rebate and Dial-A-Ride programs. The division publishes this Human Services Directory and maintains a resource center at the Weiss Center. The staff works in cooperation with state and local agencies. Anyone is welcome to drop in for further information or to make an appointment to speak with a social worker. Located at 479 Main Street, office hours are Mon-Fri 8:30am to 4:30pm.

647-3096

<http://humanservices.townofmanchester.org/elderly>

Human Services Department – Town of Manchester

Senior Center, located at 549 East Middle Turnpike, features meals, trips, exercise programs, classes and activities targeting the health, social and educational needs and interests of Manchester seniors. Programs are offered in partnership with the **Recreation Department**. A social worker and a nurse are part of the staff. Transportation is available to and from the Center on weekdays, Saturdays and Wednesday evenings. Transportation is also available for shopping. There is an annual membership fee of \$5.00 and new members are always welcome.

Small group and home recreation are provided through the **Senior Circle** and **AT HOME**. Advance registration is needed for programs. (*SEE – Page 58*)

The Center is open weekdays from 8:30am until 4:30pm for residents age 60+. It is also open Saturdays 9:00am to 2:00pm from September through May. There are evening hours on Tuesdays and Thursdays until 8:00pm for two 10-week sessions in the fall and spring. **Residents age 55+ are welcome to attend Saturday & evening programs.**

647-3211

<http://humanservices.townofmanchester.org/seniorcenter>

Human Services Department – Town of Manchester

The **Youth Service Bureau** (YSB) is located at 107/109 Center Street next to the Center Street Fire Station.

647-5213
<http://www.townofmanchester.org/ysb>

The Bureau provides positive youth development opportunities to youth all year round. Whether a teen is looking for a job, a place to hang out with friends, wants to earn credit for school, needs volunteer opportunities, or wants to participate in activities or special events, the Youth Service Bureau is a great place to come. It also provides referrals to families with youth who need additional services.

The hours of the Youth Service Bureau are 8:00am – 4:30pm, Monday thru Friday during the school year (hours may change slightly during school breaks and summer vacation). The Teen Center, located in the same building, is open from 2:30pm –6:30pm Monday through Friday.

Human Services Department – Town of Manchester

<p>MANCHESTER HUMAN SERVICES PHONE INFO LINE</p> <p>Residents may access the Human Services Department Program Information Line 24 hours a day to obtain information about its programs and services.</p> <p>Press 1 for transportation information such as Dial-A-Ride & grocery shopping trips</p> <p>Press 2 for health program information such as senior clinics, flu clinics</p> <p>Press 3 for food/meals information, Senior Center meals including weekly menus and information about the Westhill Gardens Senior Community Lunch Café</p> <p>Press 4 for financial assistance (including Renters’ Rebate & EITC info) and employment training information</p> <p>Press 5 for a description of the Senior Center</p> <p>Press 6 for a description of Manchester Senior, Adult & Family Services</p>	<p>647-3270</p>
<p>MANCHESTER HUMAN SERVICES WEB SITE</p>	<p>http://humanservices.townofmanchester.org</p>

Incarceration / Re-entry Resources

<p>Jail Diversion Program is a program offered through the Genesis Center that is located at 587 Middle Turnpike East in Manchester. Its main purpose is to assist people experiencing mental health issues to access appropriate services such as assessment, coordination of services, and brief case management. Individuals are referred by the court system.</p>	<p>644-3888 http://www.chrhealth.org/services</p>
<p>Job Readiness Program (<i>SEE – Page 20</i>)</p>	
<p>Manchester Alternative Incarceration Center is a program offered through Community Partners in Action that restricts freedom without incarceration. It monitors individuals referred by the criminal justice system to community supervision. Services offered are groups on substance abuse, cognitive restructuring, and employment services; informational workshops; community service; support by AIC staff to effect positive change. The center is located in Manchester at 31 Bent Street. For information, call the program manager, Melanie McKenna</p>	<p>649-8338 http://www.cpa-ct.org/programs/alternative.htm</p>
<p>Office of Adult Probation is part of the Court Support Services Division that helps people comply with conditions mandated by the court. A Probation Officer will be assigned to assist during the probation period. The Manchester office is located at 587 Middle Turnpike East.</p>	<p>649-1650 http://www.jud.ct.gov/FAQ/adultprob.htm</p>

Legal

Center for Medicare Advocacy provides legal advice and representation to elderly and disabled Connecticut residents who believe they have been unfairly denied Medicare coverage.	1-800-262-4414 http://www.medicareadvocacy.org/
CT Lawyers Legal Aid to the Elderly assists people in the Greater Hartford area who are 60+ with free legal assistance on issues, specializing in Wills, Healthcare, Social Security, Medicaid, and Medicare.	273-4303
Connecticut Legal Rights Project advocates for low income adults who have, or are perceived to have, a psychiatric disability. CLRP is separate from the Department of Mental Health and Addiction Services (DMHAS).	860-262-5030 http://www.mindlink.org/clrp.html
Connecticut Women's Education and Legal Fund (CWEALF) is a Statewide, non-profit telephone counseling service that provides information on family law issues such as divorce, harassment and discrimination. Hotline information Monday to Friday 9-1, no income limits.	524-0601 247-6090 1-800-479-2949 http://www.cwealf.org/
Consumer Law Project for Elders , a project of CT Legal Services, provides no cost help to people 60+ who are having problems with credit card, medical debts, identity theft, etc. Hours: Mon, Wed, & Fri 1:00pm to 4:00pm.	1-800-296-1467 http://www.ctelderlaw.org/

Legal

Consumer Protection:								
<table border="1"><tr><td>State Attorney General's Office 5318</td><td>www.ct.gov/ag</td><td>860-808-</td></tr><tr><td>Department of Consumer Protection</td><td>www.ct.gov/dcp</td><td>1-800-842-2649</td></tr></table>			State Attorney General's Office 5318	www.ct.gov/ag	860-808-	Department of Consumer Protection	www.ct.gov/dcp	1-800-842-2649
State Attorney General's Office 5318	www.ct.gov/ag	860-808-						
Department of Consumer Protection	www.ct.gov/dcp	1-800-842-2649						
Greater Hartford Legal Aid provides free legal services to low-income people in Hartford County for housing, entitlements, protective services, resident/patient rights and domestic violence.		541-5000 http://www.ghla.org/						
Living Will/Advance Directives is a set of documents that allows a person to record decisions regarding medical treatment in case of incapacity, including removal or withholding of life support systems, appointment of a Health Care Agent, Durable Power of Attorney or Conservator. <i>This is offered through the Department of Social Services, Elderly Unit.</i>		424-5244 http://www.ct.gov/dss						
Statewide Legal Services provides help to low-income people with referrals for non-criminal legal problems via phone. They may refer clients to a legal services office or private attorney at no cost to the client.		1-800-453-3320 http://www.slsc.org/						

Protection and Advocacy

AARP (<i>SEE – Page 58</i>)	
Center for Medicare Advocacy (<i>SEE – Page 50</i>)	
Connecticut Coalition on Aging, Inc. is a volunteer advocacy organization that provides education, and advocates before the General Assembly on issues that affect seniors.	1-203-237-0066 http://www.coalitionagingct.org/
Connecticut Commission on Aging advocates on behalf of elderly persons in CT by assessing the impact of current and proposed initiatives and conducting activities that promote the interests of older adults. They report their findings to the Governor and the Legislature.	240-5200 http://www.cga.ct.gov/coa
Department of Children and Families (<i>SEE – Page 3</i>)	
Emergency Preparedness , the Town of Manchester’s Public Health Emergency Preparedness Program was established immediately following 9/11. Coming under the supervision of the Director of Health, this very active program has drilled and planned for smallpox, anthrax, plague, and pandemic influenza. Information on Emergency Planning and Preparedness may be obtained by calling the Town of Manchester Emergency Preparedness Coordinator.	647-3189

Protection and Advocacy

Housing Education Resource Center (<i>SEE –Page 41</i>)	
Interval House is a non-profit organization that provides free support and advocacy services to victims of domestic violence. Services include a 24-hour hotline; safe emergency shelter; victim and legal advocacy; counseling and support groups.	645-4033 24 hour 246-9149 general http://www.intervalhousect.org/
North Central Area Agency on Aging (NCAAA) is a regional non-profit organization that provides planning and management funding and advocacy services to older persons and their caregivers to ensure they have access to quality and effective services.	724-6443 www.geocities.com/ncaaaus
Nursing Home Ombudsman (<i>SEE – Page 62</i>)	
Office of the Child Advocate (<i>SEE – Page 5</i>)	
Office of Victim Services (OVS) , a division of the State Judicial Branch, provides various programs and services for crime victims, including financial compensation, counseling, social services and victim notification.	1-800-822-8428 http://www.jud.ct.gov/crimevictim
Protection and Advocacy for Persons with Disabilities (<i>SEE – Page17</i>)	

Protection and Advocacy

<p>Protective Services for the Elderly (<i>SEE – Page 62</i>)</p>	
<p>Safe Surrender Baby Law (or the Safe Haven Law) allows a parent or person with lawful custody to surrender a baby (30) days or younger, confidentially to a Safe Surrender site or nursing staff of a hospital emergency room, without fear of arrest or prosecution for child abandonment.</p>	<p>http://www.safesurrendersite.com/</p>
<p>Salvation Army’s Victim Assistance Program is an outreach program designed to help adults and seniors who have been victimized by violence and crime. Services include counseling, advocacy & referrals.</p>	<p>543-8438</p>
<p>Sexual Assault Crisis Services (SACS) provides a 24-hour toll free hot-line for victims who have been raped or sexually assaulted. Services provided include short-term counseling, support and empowerment groups, advocacy with police and court process as well as a variety of education opportunities.</p>	<p>1-888-999-5545</p>
	<p>1-888-568-8332 <i>Spanish</i></p>
	<p>http://www.connsacs.org/</p>
<p>True Colors, Inc. is an advocacy and human rights organization that combats homophobia, gender bias and racism. It provides support, education & advocacy to those responsible for the health, education & well-being of lesbian, gay, bisexual, transgender & intersex youth & families.</p>	<p>649-7386 1-888-565-5551 http://www.ourtruecolors.org/</p>

Recreation / Leisure

AARP offers programs, speakers, trips, and discounts for those who are 50 years and older.	1-866-295-7279 http://www.aarp.org/
AT HOME, Activities Travel to the Homes (<i>SEE – Page 58</i>)	
Bookmobile (<i>SEE – Page 12</i>)	
Charter Oak Pass (<i>Life Use</i>) is FREE to Connecticut residents 65 and older and allows free access to CT State parks and forests where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. For more info please visit the web site.	http://www.ct.gov/dep <i>Outdoor Recreation/ State Parks & Forests/ Fees</i>
Elderhostel is a low cost leisure/educational program for older adults 55 and older; they travel to all 50 states and abroad.	1-800-454-5768 http://www.elderhostel.org/
Instructors of the Handicapped (IOH) (<i>SEE – Page 16</i>)	
MARC, Inc. (<i>SEE – Page 16</i>)	
Senior Center, Town of Manchester , 549 E. Middle Turnpike, is a multi-purpose facility which provides programs and services to address the needs and interests of Manchester residents 60+ for daytime programs and 55+ for evening and Saturday programs (<i>SEE – Page 46</i>)	647-3211 http://humanservices.townofmanchester.org/seniorcenter

Respite

Adult Day Care Programs	
<p>Preston House Adult Day Health Center, located at 144 Main Street, East Hartford, is an adult day health center that provides respite for the primary caregiver of an elderly person. It offers a combination of social and recreation opportunities as well as health care services and meals.</p>	<p>568-9692</p>
<p>Visiting Nurse and Health Services of CT Adult Day Center, (Woodlake at Tolland) located at 26 Shenipsit Lake Road in Tolland a service that provides respite to caretakers by offering older adults a social and health care supported environment for full or half days.</p>	<p>870-7203 http://www.echn.org/hospitals</p>
<p>Alzheimer’s Statewide Respite Care Program connects eligible families with respite services including adult day care, home care and short-term inpatient care. May provide financial assistance for services. They also offer daytime/overnight relief for caregivers of individuals with Alzheimer’s or related dementias. For information and eligibility requirements call the North Central Area Agency on Aging.</p>	<p>724-6443 www.alzct.org/Resources</p>

Respite

<p>Caregiver Support is a program offered by the Visiting Nurse & Health Services of CT. It provides respite services that include adult day care, companion, home health aide, homemaker, and skilled nursing services.</p>	<p>872-9163</p>
<p>Connecticut National Family Caregiver Support Program through CT Community Care Inc., offers respite care services or counseling to family members caring for relatives age 60 and older. Call to apply.</p>	<p>257-1503 ext 4369</p>
<p>MARCH, Inc. of Manchester is a private, non-profit agency that provides temporary care for children & adults with developmental disabilities; the service allows other family members time for errands, business or vacations.</p>	<p>647-7609 http://www.marchinc.org/</p>
<p>Time Out For Parents (TOPS) is a supportive respite program offered by the Hartford YWCA that provides relief for parents during stressful times and a safe, nurturing place for children. Located at Concordia Lutheran Church, 40 Pitkin Street. Sliding scale fee – two daily sessions or all day available.</p>	<p>645-2244</p>

Senior Services

<p>A Place for Mom is a nationwide information service that explores eldercare options including nursing homes, assisted living facilities, independent living and home care agencies. Call to speak to an Eldercare Advisor about care requirements, finances and other needs.</p>	<p>1-866-333-6614 http://www.aplaceformom.com/</p>
<p>AARP The American Association of Retired Persons is a membership organization of persons 50 years and older. It offers educational information on numerous issues that affect older adults. They advocate for elders at the State and Federal level.</p>	<p>1-888-687-2277 http://www.aarp.org/</p>
<p>AT HOME (Activities Travel to the Home of Manchester Elders) offers individual therapeutic recreation for seniors who have difficulty leaving their homes. Contact the Manchester Senior Center.</p>	<p>647-3211</p>
<p>Adult Day Care (<i>SEE – Page 56</i>)</p>	
<p>American Society on Aging (ASA) is an organization of multidisciplinary professionals in the field of aging. Their resources, publications and educational opportunities are geared to enhance the knowledge and skills of people working with older adults and their families.</p>	<p>1-800-537-9728 http://www.asaging.org/</p>

Senior Services

Blood Pressure Screenings are done Wednesdays at Manchester Senior Center and some Elderly Housing sites. Call for info/appt.	647-3211 <i>Appointment</i> 647-3173 <i>Information</i>
Commission for Elderly Services & Persons with Disabilities (SEE <i>Page 13</i>)	
Connecticut Coalition on Aging (SEE <i>Page 52</i>)	
Connecticut Commission on Aging (SEE <i>Page 52</i>)	
Connecticut Home Care Program for Elders is a State and Federally funded program administered by the State Department of Social Services Alternate Care Unit. Income eligible Connecticut residents who are 65 years or older and who are at risk for institutionalization may qualify for help with daily living activities and certain medical services at home.	1-800-445-5394 http://www.ct.gov/dss
Consumer Law Project for Elders (SEE – <i>Page 50</i>)	
Eldercare Locator is a free national service finding resources for older adults in any U.S. community. Provides a connection to services that enable older persons to live independently in their communities. They also offer support for caregivers.	1-800-677-1116 http://www.eldercare.gov/

Senior Services

Elderhostel (<i>SEE Page 55</i>)	
Elderly Services Information Line, CT Dept. of Social Services offers information on programs and services available in the State of Connecticut for persons 60 years of age and older.	1-800-443-9946
Fall Prevention for Seniors , call the Senior Center for information.	647-3173
Friendly Shopper Program offers weekly or bi-weekly grocery shopping assistance to seniors or people with disabilities who are homebound. Trained volunteers provide service. Contact Senior, Adult and Family Services for additional information and availability.	647-3096
Friendly Visitors Program offers weekly home visits; trained volunteers provide companionship and friendship to older residents in the community who are essentially isolated and/or homebound. Contact Senior, Adult & Family Services for additional information and availability.	647-3096
Geo-Psychiatric Partial Hospitalization Program (<i>SEE – Page 9</i>)	
Homeowner’s Tax Relief (<i>SEE – Page 22</i>)	

Senior Services

<p>Income Tax Counseling (<i>SEE – Page 23</i>)</p>	
<p>National Association of Area Agencies on Aging (N4A) administers the Eldercare Locator: they address aging issues and provide advocacy, information and training to improve the lives of older persons and persons with disabilities.</p>	<p>1-800-677-1116 <i>Elder locator</i> 202-872-0888 http://www.n4a.org/</p>
<p>National Council on Aging (NCOA) is a national organization that provides information and advocacy in the field of aging. The website offers valuable educational information.</p>	<p>202-479-1200 http://www.ncoa.org/</p>
<p>National Institute on Aging (NIA) is a Federal Agency with the mission of improving health and well-being of older Americans through research on the aging process and related diseases such as Alzheimer’s, cancer and diabetes and special needs of the aged.</p>	<p>http://www.nia.nih.gov/</p>
<p>Spanish language website for issues affecting Hispanic Seniors</p>	<p>www.NIA.NIH.gov/espanol</p>
<p>North Central Area Agency on Aging (<i>SEE – Page 53</i>)</p>	

Senior Services

<p>Nursing Home Ombudsman Program through the CT Department of Social Services, advocates for people who live in nursing homes and homes for the aged.</p>	<p>1-866-388-1888 723-1390 (Local) http://www.ltcop.state.ct.us/</p>
<p>Older Adults Recovery Program (<i>SEE – Page 10</i>)</p>	
<p>Protective Services for the Elderly is administered through the State Department of Social Services. It investigates complaints, concerns, or reports of abuse, neglect, abandonment and exploitation of people 60 years and older.</p>	<p>647-5914 http://www.ct.gov/agingservices/cwp</p>
<p>Renters’ Rebate (<i>SEE – Page 24</i>)</p>	
<p>Reverse Annuity Programs (<i>SEE – Page 24</i>)</p>	
<p>Senior, Adult and Family Services (<i>SEE – Page 45</i>)</p>	
<p>Senior Center, Town of Manchester (<i>SEE – Page 46</i>)</p>	

Senior Services

<p>Senior Circle Activity Group is a small recreation group that meets twice weekly and is designed for Manchester residents 60 years and older who may have physical or mental limitations that prevent them from participating in the programs offered through the Manchester Senior Center. Activities include music, crafts, games and gentle stretching with exercise. For additional information or to register for this group, call the Senior Center.</p>	<p>647-3211 http://humanservices.townofmanchester.org/seniorcenter</p>
<p>Senior Community Lunch Café (<i>SEE – Page 29</i>)</p>	
<p>Senior Foot Care takes place at the Senior Center twice each month by appointment only. Cost is \$27.00 and they accept cash only.</p>	<p>647-3173 <i>for appointment</i></p>
<p>Senior Health Solutions of Connecticut is a network of professional health care organizations specializing in geriatric services. This resource provides information on physicians, hospital care, rehabilitation, visiting nurses, home care, assisted living or assistance in navigating the health care maze.</p>	<p>1-866-629-1112 http://www.seniorhealthsolutionsct.org/</p>
<p>Senior Job Bank (<i>SEE – Page 20</i>)</p>	

Senior Services

State Parks & Forest pass for Seniors “Charter Oak Pass” (<i>SEE Page 55</i>)	
Vial of Life is an informational tool provided by the Manchester Fire Department and used by Emergency Personnel or First Responders in the event of a medical emergency. It contains emergency contact information, medical history, medications, allergies, insurance info, etc. that can contribute to savings lives. It is kept in a visible area in the refrigerator of the home.	647-3266 <i>For info or to order one Free of Charge</i>
Yellow Dot Program identifies your vehicle to First Responders in an emergency. A “Yellow Dot” participant has key information including medical history, emergency contact, etc. located inside their vehicles glove compartment.	645-5500 <i>Ask for the Community Relations Department to order free of charge</i>

Shelters – Emergency Housing **Please call ahead to see if a bed is available*
(A Complete shelter listing is available through Connecticut Coalition to End Homelessness on line www.cceh.org under Publications or by calling 211 infoline)

East Hartford – East Hartford Community Shelter 385 Main Street For: Families and Individuals	568-0323 http://www.crtct.org/programs/ehcs.htm
Hartford – My Sister’s Place 102 Capen Street For: Women and Children	522-0416 http://www.sistersplacect.org/
Hartford – Salvation Army 225 South Marshall Street For: Families and Single Women	543-8424
Hartford – South Park Inn 75 Main Street For: Families and Individuals	724-0071 http://www.southparkinn.org/
Manchester – MACC/Samaritan Shelter 466 Main Street For: Individuals	647-8003 http://www.macc-ct.org/
Vernon – Corner Stone 1 Prospect Street For: Individuals	875-6343 http://www.cornerstone-rockville.org/lodge.html
Vernon – Tri-Town Shelter 93 East Main Street For: Families and Individuals	875-9702 http://www.tri-townshelterservices.org/

Support Groups

<p>ADD/ADHD Support is a monthly group for parents of children with ADD/ADHD. This facilitated group provides a non-judgmental environment for parents to share the joys and challenges associated with raising a child with ADD/ADHD. Meets on the last Thursday of each month at the South Windsor Community Center, 150 Nevers Rd., South Windsor. Manchester residents are welcome.</p>	<p>648-6361 ext. 314 www.southwindsor.org/pages/swindsorct_human_Services/swan/index</p>
<p>Alanon, Alateen Family Groups of Connecticut offer hope and help for families and friends of alcoholics.</p>	<p>1-888-825-2666 http://www.ct-al-anon.org/</p>
<p>Alcoholics Anonymous provides support and information about events, meetings, and educational opportunities in Connecticut.</p>	<p>1-866-783-7712 http://www.ct-aa.org/</p>
<p>Alzheimer's Association provides education, information, referrals and support to Alzheimer's patients and families. Also offers a caregiver's course, Chapter Respite Care Program, annual caregivers' conference and Safe Return Program.</p>	<p>860-828-2828 CT Chptr 1-800-356-5502 24hr http://www.alz.org/</p>
<p>American Cancer Society offers education, outreach and support groups to patients and their families.</p>	<p>643-2168 1-800-ACS-2345 http://www.cancer.org/</p>

Support Groups

Board of Education Services for the Blind (<i>SEE – Page 12</i>)	
Caregiver Support Group supports caregivers who live in Manchester or who care for an elderly person living in Manchester. Contact Social Worker at the Manchester Senior Center.	647-5263
Commission on Deaf and Hearing Impaired (<i>SEE – Page 13</i>)	
Connecticut Self Help Network offered by the Consultation Center provides self-help information for various issues.	203-624-6982 http://www.theconsultationcenter.org/
Department of Children and Families (DCF) (<i>SEE – Page 3</i>)	
Family Development Center (<i>SEE – Page 4</i>)	
Grandparents as Parents Support Group meets the last Thursday of each month from 10:00am –11:30am at the South Windsor Community Center, 150 Nevers Rd., South Windsor. Manchester residents are welcome.	648-6361 ext. 314 www.southwindsor.org/pages/swindsorct_human_Services/swan/index
Head Start (<i>SEE – Page 4</i>)	

Support Groups

<p>Hispanic Health Council provides parenting support, classes and teaches skills in English and Spanish free of charge to expectant parents (Hispanic & Non-Hispanic) and established families.</p>	<p>527-0856 http://www.hispanichealth.com/</p>
<p>Independence Unlimited (<i>SEE – Page 15</i>)</p>	
<p>Interval House (<i>SEE – Page 53</i>)</p>	
<p>Low Vision Support Group is hosted by the Senior Center. This support group meets the second Monday of each month at 10:00am.</p>	<p>647-3211 http://humanservices.townofmanchester.org/seniorcenter</p>
<p>Manchester Area Network on Aids (MANA) provides case management, support groups, education and outreach to those affected by HIV/AIDS.</p>	<p>646-6260 http://www.mana-ct.net/</p>
<p>Manchester Memorial Hospital Support Groups offers a wide variety of groups that meet at the Hospital. They focus on concerns related to health and mental health.</p>	<p>872-5018 http://www.echn.org/</p>
<p>NAMI of Connecticut (<i>SEE – Page 10</i>)</p>	
<p>National Federation of the Blind (<i>SEE – Page 17</i>)</p>	

Support Groups

Older Adults Recovery Program (<i>SEE – Page 10</i>)	
Parkinson’s Disease Support Group meets every fourth Wednesday 1:00pm–3:00pm at Riverside Health Care, 745 Main St., East Hartford	633-5110 Eleanor 568-6820 Marcie http://www.ctapda.org/
Salvation Army Victim Assistance Program (<i>SEE – Page 54</i>)	
Stepping Stones Bereavement Support (<i>SEE – Page 11</i>)	
True Colors (<i>SEE – Page 54</i>)	

Transportation

<p>ADA (Americans with Disabilities Act) Transportation provides rides in the Greater Hartford area 7 days a week for people whose disabilities prevent use of public transit. Fare is \$2.50 each way.</p>	<p>724-5340 http://www.hartfordtransit.org/</p>
<p>American Cancer Society assists in driving cancer patients to treatment if a volunteer is available.</p>	<p>643-2168 http://www.cancer.org/</p>
<p>Connecticut Department of Motor Vehicles provides parking permits, driver evaluation and instruction for people with disabilities, photo ID's, and graduated license program. Offices closed on Mondays.</p>	<p>263-5700 http://www.ct.gov/dmv</p>
<p>Connecticut Transit offers reduced fares for elderly/disabled persons with either a Medicare card or State-issued ID.</p>	<p>525-9181 http://www.cttransit.com /</p>
<p>Dial-A-Ride offers FREE rides in Manchester for residents age 60+ and/or persons with disabilities. Rides are available Monday through Saturday, (limitations apply to Saturday service) and include trips for medical appointments, banking, personal business, visits to convalescent homes, group grocery shopping, and other shopping. There are also special trips available to ECHN in South Windsor and the Department of Motor Vehicles. <i>Reservations and registration are required.</i></p>	<p>870-7940 http://www.hvcchelps.org / 8:30am–2pm <i>Reserve your ride</i> <hr/> 2pm–4pm Registration</p>

Transportation

<p>Good News Garage is a program that repairs donated cars in order to make them available to low-income families and individuals so that they have access to jobs and other economic opportunities.</p>	<p>860-218-2970 <hr/>1-877-GIVE-AUTO <i>(To donate a car)</i> <hr/>www.GoodNewsGarage.org</p>
<p>Medicaid Transportation provides rides to medical appointments for Medicaid participants.</p>	<p>1-888-743-3112</p>
<p>SAGA Transportation (State Administered General Assistance) provides rides to medical appointments for SAGA participants who require postoperative services, dialysis, and certain specialist appointments. They also provide transportation to accommodate special needs, such as a wheelchair. Currently Coordinated Transportation Services (CST) provides these services.</p>	<p>1-800-818-6781</p>

Volunteer Opportunities

<p>American Cancer Society in Manchester welcomes volunteers to help with its transportation program “<i>Road to Recovery</i>” for cancer patients who have no other way of getting to their lifesaving treatment appointments. <i>Coordinators</i> are needed to oversee all requests received for transportation and <i>Drivers</i> are needed to transport patients to and from their cancer-related medical appointments.</p>	<p>643-2168 1-800-227-2345 http://www.cancer.org/</p>
<p>Big Brothers/Big Sisters provide positive adult role models for children who are challenged in some way.</p> <hr/> <p><i>They also sponsor a Foster Grandparents Program in the School System with a stipend for low-income elderly.</i></p>	<p>1-800-237-5437 ext 17 http://www.bbbs.org/</p> <hr/> <p>1-800-237-5437 ext 7</p>
<p>Covenant to Care for Children <i>Youth Mentoring (SEE Page 3)</i></p>	
<p>Emergency Preparedness has volunteer opportunities for medically qualified individuals to join the Town’s Roster. Physicians, PA’s, EMT’s, Mental Health Prof., Nurses, Nurses Aides, Dental Surgeons, Pharmacists and Veterinarians. Non-medical volunteers also sought.</p>	<p>647-3092 <i>Call to Register</i></p>

Volunteer Opportunities

<p>Friendly Shopper/Friendly Visitor Program trains volunteers who provide grocery shopping assistance or visit residents in town to socialize and reduce isolation and loneliness. This service is provided to seniors or people with disabilities. Training required. <i>Please contact Senior, Adult & Family Services.</i></p>	<p>647-3096</p>
<p>Hospice volunteers assist in meeting the needs of terminally ill patients and their families by providing companionship, practical assistance, and emotional support through <i>Visiting Nurse & Health-care Services of Connecticut</i>. Training required.</p>	<p>872-9163 ext 2423 528-5195 ext 6795 http://www.vnhsc.org/</p>
<p>Literacy Volunteers of Greater Hartford is a private, non-profit organization offering free and small group instruction to adults needing help with reading, writing and speaking English.</p>	<p>528-7422 http://www.lvgh.org/</p>
<p>Manchester Area Conference of Churches (MACC) – offers volunteer opportunities in the Shelter, Soup Kitchen, Food Pantry, Clothing Bank as well as seasonal events.</p>	<p>647-8003 ext 18 http://www.macc-ct.org/</p>
<p>Meals-On-Wheels uses volunteer drivers to deliver meals at noontime to homebound people.</p>	<p>872-9163 ext 2367 http://www.vnhsc.org/</p>

Volunteer Opportunities

<p>Retired Senior Volunteer Program (RSVP), sponsored by the <i>Community Renewal Team</i>, matches volunteers 55 and over with areas of their interest.</p>	<p>560-5760 http://www.seniorcorps.gov/</p>
<p>United Way of the Capital Area provides hundreds of current volunteer opportunities at nonprofit agencies in the Greater Hartford Area. For a complete listing please visit the web site.</p>	<p>493-6800 http://www.volunteersolutions.org/</p>

Websites that may be helpful, in addition to the website listings for each agency/organization in the directory...

www.Agenet.com	Solutions for better aging
www.americanheart.org	American Heart Association
www.kidneyfund.org	American Kidney Foundation
www.liverfoundation.org	American Liver Foundattion
www.lungusa.org	American Lung Association
www.aoa.gov	An agency in the U.S. Department of Health and Human Services, and is one of the nation's largest providers of home and community-based care for older persons and caregivers.
www.arthritis.org	Arthritis Foundation
www.caps4caregivers.org	To assist caregivers of the elderly or chronically ill with reliable information, referrals and support
www.Caregiver.org	Advice, strategies & services for family caregivers
www.Caregiving.org	Tips and guidebooks on the subject
www.Caremanager.org	To help you find a Geriatric Care Manager
www.CGA.CT.gov	State Legislature Information
www.CognitiveCenter.org	Information on cognitive fitness and to help preserve memory

www.ct.gov	Portal to all Connecticut state agencies
www.crimes-of-persuasion.com	Informs public concerning schemes, scams and frauds to the elderly also provides victim support groups.
www.equifax.com www.experian.com www.transunion.com	Equifax Experian TransUnion <i>Credit Reporting Agencies</i> <i>The Fair Credit Reporting Act allows you one free credit report each year from each agency.</i>
www.diabetes.org	American Diabetes Association
www.DisabilityInfo.gov	Federal Governments disability-related information
http://www.dmaconsumers.org/cgi/offmailinglist	To remove your name from junk mail or credit card offers
www.drugs.com	Provides comprehensive information on drugs and medicines; includes a drug interaction checker
www.DTV2009.gov	Info/coupons regarding TV Conversion from analog to digital
www.elderabusecenter.org	Provides elder abuse information to professionals and the public
www.elderweb.com	Information on legislative, health, legal and consumer issues
www.hhs.gov/od/index.html	U.S. Dept. of Health & Human Services Office on Disability
www.naela.com	The website includes a search for a local Elder Law Attorney

http://www.store.usgs.gov/passes/senior.html	National Parks and Federal Recreational Lands Annual Pass
www.stroke.org	National Stroke Foundation
www.NCPC.org	National Crime Prevention Council <i>includes: Safer Seniors, Identity Theft, Protecting Private Information, etc.</i>
www.neads.org	Dogs for the Deaf and Blind
www.oasisnet.org	Creates opportunities for seniors to continue personal growth and meaning to the community
www.owl-national.org	OWL strives to improve the status and quality of life for midlife and older women
www.Recall.gov	For information on recalled consumer products, food, meds
www.redcross.org	Provides a variety of services, and some local branch locations provide services or training to the elderly
www.seniors4hire.org	National online career center for seniors
http://www.tinyurl.com/2yepdf	Nursing Home comparisons/ratings
www.VeteranAid.org	Good detail about programs for veterans
www.VetAssist.org	Will assist in filing for benefits free of charge
www.wellspouse.org	Organization which gives support to wives, husbands, and partners of the chronically ill and/or disabled

